C1. (Currently Amended) A method of providing relatively long term diminishment or prevention of painful disorders comprising

topical topically or intransal intransally administration administering over a relatively short term treatment period of civamide (cis-8-methyl-N-vanillyl-6-nonenamide) or one of its salts in an amount of about 0.001% to 1% (weight/weight) in a composition comprising a pharmaceutically acceptable vehicle, such vehicle being suitable for introduction into the intransal passages or application to the skin of humans or other mammals; and

then discontinuing said treatment, the pain diminishment then continuing for a relatively long term after said treatment is discontinued in order to provide long lasting diminishment of painful disorders.

- C2. (Original) The method of claim 1 wherein said composition is administered intranasally over a period of about five to fourteen days and then discontinued, providing at least many weeks worth of continuing pain diminishment thereafter.
- C3. (Currently Amended) The method of claim 2 wherein said painful disorder is selected from the group consisting of headache, neuralgia, and neuropathy, or other types of chronic pain amenable to treatment or prevention with intranasally administered civamide.
- C4. (Original) The method claim 1 wherein said composition is administered topically to the skin over a short period of about two weeks to several months and then discontinued, providing at least many weeks or months worth of continuing pain diminishment thereafter.
- C5. (Currently Amended) The method of claim 4 wherein said painful disorder is selected from the group consisting of arthritis, neuralgia, and neuropathy, or other types of chronic pain-amenable to treatment or prevention with topically administered civamide.